WARING PRO®

MODELS WPB/PBB/MBB
MODELOS WPB/PBB/MBB
MODÈLES WPB/PBB/MMB

PROFESSIONAL FOOD AND BEVERAGE BLENDER SERIES

LICUADORAS PROFESIONALES

BLENDERS/MÉLANGEURS PROFESSIONNELS

WPB

PBB

MBB

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

Para su seguridad y para disfrutar plenamente de este producto, siempre lea las instrucciones cuidadosamente antes de usarlo.

Afin que cet appareil vous procure en toute sécurité beaucoup de satisfaction, lire attentivement le mode d'emploi avant de l'utiliser.

IMPORTANT UNPACKING INSTRUCTIONS

1. Place the gift box containing your Waring Pro® Blender on a flat, sturdy surface before unpacking.
2. Open corrugated flap. Remove blender container assembly, instruction booklet and other printed materials from top of corrugated box. Please use caution not to tip the container when removing. CAUTION: Sharp blade inside blender jar.
3. Next, remove the top corrugated insert. Carefully lift blender base from box and set aside.
4. Replace all corrugated inserts in the box and save the box for repacking.

Note: for WPB Series blenders, follow instructions, How to Assemble Containers with Removable Blades, page 5.

REPACKING INSTRUCTIONS

1. Place the unit on a large, sturdy flat surface.
2. Carefully place blender base in bottom of box.
3. Place corrugated insert over base.
4. Place blender container assembly over corrugated insert and cover with corrugated flap.
5. Close box for shipping.

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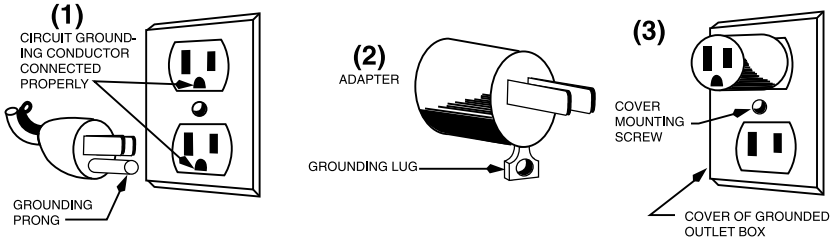
IMPORTANT: Always unplug the Waring Pro® Blender from outlet when disassembling and assembling.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.**
3. **To protect against risk of electrical shock, do not put appliance in water or other liquid.**
4. **Do not use carbonated liquids in the blender jar, or any blending container. Using carbonated liquids in the blender jar or any blending container may result in injury.**
5. This appliance should not be used by or near children or individuals with certain disabilities.
6. Avoid contact with moving parts.
7. Do not operate the Waring Pro® Blender or any other electrical appliances with a damaged cord or plug, or after the unit malfunctions, or is dropped or damaged in any manner. Return it to the nearest authorized service facility for examination, repair, or adjustment.
8. The use of attachments, including canning jars, not recommended or sold by Waring Pro may cause fire, electric shock, or injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Keep hands and utensils out of jar while blending to prevent the possibility of severe personal injury and/or damage to the blender. A rubber spatula may be used, but must be used only when the blender is not running.
12. Blades are sharp. Handle carefully.

13. To avoid injury, never place blade assembly on the base without container properly attached.
14. Always operate blender with cover in place.
15. When blending hot liquids, remove center piece of two-piece cover. Begin processing with only one cup (8 oz.). Always begin processing at the lowest speed setting. Keep hands and other exposed skin away from the lid opening to prevent possible burns. See Hot Blending instructions, next page.
16. Screw on container bottom firmly. Injury can result if moving blades accidentally become exposed.
17. Do not leave blender unattended while it is running.
18. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.



SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

For your protection, Waring Pro® Blenders are equipped with a 3-conductor cordset that has a molded 3-prong grounding-type plug, and should be used in combination with a properly connected grounding-type outlet as shown in Figure 1. If a grounding-type outlet is not available, an adapter, shown in Figure 2, may be obtained so that a 2-slot wall outlet can be used with a 3-prong plug. Referring to Figure 3, the adapter must be grounded by attaching its grounding lug under the screw of the outlet cover plate. **CAUTION:** Before using an adapter, it must be determined that the outlet cover plate screw is properly grounded. If in doubt, consult a licensed electrician. Never use an adapter unless you are sure it is properly grounded.

Note: Use of an adapter is not permitted in Canada.

This appliance is for 120 volts only and should not be used with a converter.

IMPORTANT: HOT BLENDING INSTRUCTIONS

To minimize possibility of scalding when blending hot ingredients, the following precautions and procedures must be observed:

1. Limit amount of material processed to one cup (8 oz.).
2. Completely remove the lid insert of the two-piece container lid before starting motor. (This will allow venting of the rapidly heated and expanding air present inside container when blender is running.)
3. Start blending on low speed.
4. While blender is running, up to 1½ cups (12 oz.) of additional liquid can be added. Pour liquid slowly through the opening in the lid.

OPERATING INSTRUCTIONS

1. When placing the container on the unit base, make sure that the unit is turned off and is at a complete stop. Do not put the container on or take it off while the unit is running. Doing so may damage the drive shaft or blade assembly. For best results, do not fill container above 3-cup level.
2. Be sure the switch is in the off position and plug the blender into a convenient outlet.
3. The Waring Pro® Blender is ideal for blending ice drinks. A hint when mixing ice drinks: keep the blades in the container covered with liquid, turn the unit on, remove the lid insert on top of the jar lid, and feed the ice cubes slowly into the jar. NOTE: Never use containers other than Waring Pro® Blender containers with your Waring unit.

4. **CAUTION: DO NOT** use carbonated liquids in the blender jar or any blending container. Using carbonated liquids in the blender jar or any blending container may result in injury.
5. Put ingredients into container, then put on cover. Always add liquid ingredients first, unless otherwise specified in recipe. Always hold container with one hand while blending.
6. **CAUTION:** To avoid damage to your blender, do not run the blender if the blades become blocked or jammed during use. Turn the blender off immediately, remove the container from the blender base and dislodge the material that is blocking or jamming the blade.

HOW TO ASSEMBLE CONTAINERS WITH REMOVABLE BLADES

1. Before starting, make sure that the blender cord is unplugged and that the switch is in the off position.
2. Refer to Figure 1. The following points are important to note when putting together the container assembly:
3. Container gasket must be between the blade assembly and the container.
4. Container collar must not be misthreaded onto the container.
5. Container collar must be securely tightened onto the container before placing food or liquid in the container.

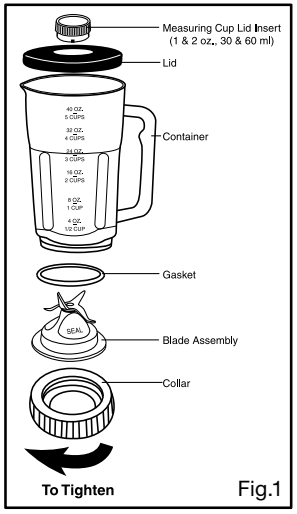


Fig.1

6. Tighten the container collar by holding the container upside down and turning the container collar counterclockwise.
7. Place container assembly on unit base so that it is firmly seated and not tilted to one side. Never place the container collar or the blade assembly on the unit base unless the container has been completely assembled and securely tightened.

HOW TO DISASSEMBLE & CLEAN CONTAINERS WITH REMOVABLE BLADES

1. Be sure the switch is in the off position.
2. Remove the container assembly from the unit base and empty the contents.
3. To disassemble the Waring Pro® Blender container assembly, turn container collar clockwise.
4. The glass container, container collar and blade assembly are dishwasher safe. The plastic container, lid, measuring cup lid insert and gasket must be washed by hand. Allow all parts to air dry, and reassemble for next use.
5. When assembling container after cleaning, be certain all components are in the proper position.
6. It is particularly important to place the container gasket between the blade assembly and the container.
7. Wash and rinse container prior to initial use, and immediately after each use.

HOW TO CLEAN CONTAINERS WITH NONREMOVABLE BLADES

1. Remove the container from the unit base. Remove the lid. Add a cup of cleaning solution, made by adding a few drops of dishwashing detergent to 1 cup of cool water, to the container. Scrub and flush out the interior of the container and the lid to dislodge and remove as much residue as possible. Empty the container.
2. Add more cleaning solution. Put lid on container, place container on unit base, and run on high speed for two minutes.
3. Empty the container and repeat as above, using clean rinse water in place of cleaning solution. Empty, rinse and dry, prior to storing unit.
4. Wash and rinse container prior to initial use, and immediately after each use.

HOW TO CLEAN UNIT BASE

To clean the unit base, unplug the power cord. Wipe the exterior surfaces with a soft cloth or sponge dampened with cleaning solution. Rinse with clean water. Do not immerse the base in cleaning solution or water. Wipe the base with dry towel.

Any other servicing should be performed by an authorized service representative.

RECIPES

SHAKES

Chocolate Malted Shake – 2 servings

- **½ cup whole milk**
- **1 tablespoon chocolate syrup**
- **1 cup chocolate ice cream**
- **3 tablespoons malt powder**
- **1 teaspoon vanilla**

Place ingredients in blender jar in order listed. Blend for 2 minutes on HI.

Nutritional information per serving:
Calories 335 (31% from fat) • carb. 51g • pro. 8g • fat 12g • sat. fat 7g
chol. 37mg • sod. 242mg • calc. 239mg • fiber 0g

Power Shake – 2 servings

- **½ cup orange juice**
- **1 ripe banana**
- **1½ cups fresh or frozen strawberries**
- **1 tablespoon sugar (optional)**
- **6-8 ice cubes**

Place ingredients in blender jar in order listed. Blend for 1-2 minutes on HI.

Nutritional information per serving (with sugar):
Calories 138 (5% from fat) • carb. 34g • pro. 2g • fat 1g • chol. 0mg
sod. 5mg • calc. 28mg • fiber 4g

SMOOTHIES

Strawberry Banana Smoothie – 2 servings

- **¾ cup nonfat milk**
- **1 cup strawberries, hulled, cut in half**
- **½ cup banana slices (½-inch slices)**
- **1 tablespoon plain fat-free yogurt**
- **10 ice cubes**

Place ingredients in blender jar in order listed. Cover and blend on LO for about 20 seconds, then on HI for another 40 seconds. Serve immediately.

Nutritional information per serving:
Calories 84 (6% from fat) • carb. 17g • pro. 4g • fat 1g • chol. 2mg
sod. 56mg • calc. 139mg • fiber 2g

Mango Lime Smoothie – 4 servings

- **2 mangoes, peeled, pitted, and cut into 1-inch pieces**
- **½ cup lime juice**
- **¼ cup apple juice**
- **¼ cup mango juice**
- **6 tablespoons sugar**
- **9 ice cubes**
- **¼ cup rum (optional)**

Place all ingredients in blender jar in order listed, cover, and blend for 1–2 minutes on HI.

Nutritional information per serving:
Calories 196 (2% from fat) • carb. 43g • pro. 1g • fat 0g • chol. 0mg
sod. 6mg • calc. 16mg • fiber 2g

Citrus Julius - 2 servings

- **1 cup milk**
- **¼ cup tangerine juice**
- **¼ cup orange juice**
- **2 tablespoons sugar**
- **10 ice cubes**
- **½ egg white**
- **½ teaspoon vanilla**

Place all ingredients in blender jar in order listed, cover, and blend for 1-2 minutes on HI.

Nutritional information per serving:
Calories 175 (21% from fat) • carb. 24g • pro. 10g • fat 4g
chol. 17mg • sod. 151mg • calc. 162mg • fiber 0g

BREAKFAST

Oatmeal Banana Waffles – makes 8 - 10 waffles

- **1 cup old-fashioned oatmeal (not instant)**
- **1 cup flour**
- **1 tablespoon baking powder**
- **½ teaspoon baking soda**
- **½ teaspoon ground cinnamon**
- **⅛ teaspoon ground nutmeg**
- **3 tablespoons brown sugar**
- **1½ cups buttermilk**
- **2 large eggs**
- **2 medium size ripe bananas, sliced**
- **4 tablespoons butter (melted)**
- **1 tablespoon vanilla**
- **pinch salt**

Blend ½ cup oats on HI until they reach a powdery consistency. Put blended oats into a bowl with remaining oats and set aside. Blend the remainder of dry ingredients until thoroughly mixed. Add to oats.

Blend buttermilk, eggs, banana, butter and vanilla on LO until smooth.

Pour wet ingredients over dry ingredients, and stir until just mixed. Do not overmix.

Pour ½ cup of batter per waffle onto hot waffle iron. Cook. Serve immediately, or reserve baked waffles in 200°F degree oven until all waffles have been baked.

Nutritional information per waffle (10-waffle yield):
Calories 183 (32% from fat) • carb. 26g • pro. 5g • fat 7g • chol. 56mg
sod. 777mg • calc. 142mg • fiber 2g

APPETIZERS

Guacamole – 8 servings

- **1 ripe avocado, peeled, halved, and pitted**
- **1 lime, juiced**
- **1 garlic clove, chopped**
- **1 plum tomato, quartered**
- **⅛ cup fresh cilantro leaves**
- **⅛ teaspoon salt**
- **1 green onion, sliced**
- **2–3 drops Tabasco® sauce or other hot sauce**

Place all ingredients in a bowl and mash slightly with fork. Transfer to blender and blend on LO just until combined. Do not overblend.

For a chunkier texture: Blend all ingredients except avocado. Mash avocado by hand and stir into blended mixture.

Nutritional information per serving:
Calories 43 (66% from fat) • carb. 4g • pro. 1g • fat 4g • chol. 0mg
sod. 44mg • calc. 6mg • fiber 2g

Sun-dried Tomato Tapenade – 16 servings

- **8 ounces sun-dried tomatoes in oil, drained**
- **2 garlic cloves**
- **2 tablespoons grated Parmesan cheese**
- **½ teaspoon oregano**
- **½ teaspoon basil**
- **¼ teaspoon salt**
- **3 tablespoons extra virgin olive oil**

Place all ingredients in blender. Mix on HI, stopping frequently to scrape down the sides of blender jar. Tapenade is best when paired with cheese and bread.

Nutritional information per serving:
Calories 56 (70% from fat) • carb. 4g • pro. 1g • fat 5g • chol. 1mg
sod. 83mg • calc. 17mg • fiber 0g

VINAIGRETTE

Balsamic Vinaigrette – 20 servings

- **1 tablespoon Dijon mustard**
- **3 tablespoons balsamic vinegar**
- **2 garlic cloves**
- **½ teaspoon salt**
- **1 cup olive oil**
- **pepper to taste**

Blend first 4 ingredients on HI for a few seconds. Then, with blender running, remove small lid insert and pour in oil VERY SLOWLY. It will take a while, but the results are worth it! Season with pepper.

Nutritional information per serving:
Calories 97 (98% from fat) • carb. 0g • pro. 0g • fat 11g • chol. 0mg
sod. 77mg • calc. 1mg • fiber 0g

Tangy Blue Cheese Dressing – Makes 1¾ cups

- **1 garlic clove, peeled**
- **1 shallot, peeled and cut into ½ inch-pieces**
- **2 tablespoons fresh Italian parsley leaves**
- **1 cup lowfat mayonnaise**
- **½ cup buttermilk or fat-free plain yogurt**
- **¼ cup crumbled blue cheese**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground white pepper**
- **dash Tabasco® or other hot sauce to taste**

Place garlic, shallot and parsley in blender container. Blend on HI for 10 seconds. Scrape blender jar and add remaining ingredients. Blend on HI for 30–40 seconds until smooth and creamy. Let stand for 30 minutes before serving, to allow flavors to develop.

Nutritional information per tablespoon:
Calories 31 (84% from fat) • carb. 1g • pro. 0g • fat 3g • chol. 4mg
sod. 112mg • calc. 13mg • fiber 0g

SOUPS

Gazpacho – 8 servings

- **1 can (12 ounces) spicy vegetable juice**
- **4–5 fresh plum tomatoes, quartered**
- **1 can (14 ounces) crushed tomatoes with roasted garlic (if available)**
- **2 garlic cloves**
- **1 medium onion, chopped**
- **1 celery stalk with leaves, cut into 1-inch chunks**
- **1 teaspoon Worcestershire sauce**
- **1 teaspoon balsamic vinegar**
- **½ teaspoon lemon juice**
- **red pepper flakes to taste**
- **salt to taste**
- **pepper to taste**
- **5–6 drops Tabasco®**

Place all ingredients in blender and run for 2–3 minutes on HI. If the blender is too full, you may want to make this recipe in 2 batches.

Nutritional information per serving:
Calories 22 (7% from fat) • carb. 5g • pro. 1g • fat 0g • chol. 0mg
sod. 166mg • calc. 13mg • fiber 1g

Cream of Carrot Soup – 8 servings

- **½ cup cooked white rice**
- **4 carrots, peeled and sliced**
- **1 medium onion, sliced**
- **1 celery stalk, cut into 1-inch chunks**
- **1½ cups chicken stock**
- **1 teaspoon salt**
- **¾ cup light cream**
- **cayenne pepper to taste**
- **sour cream and diced roasted red peppers (garnish)**

In a small stockpot, bring vegetables and one cup of chicken stock to a simmer, and cook for 20–25 minutes. Let cool for 15–20 minutes. Pour soup into blender with remaining stock, rice, salt and cayenne. Blend on LO for 1–2 minutes, until smooth. Add cream and chill in refrigerator to serve cold, or reheat to just below a simmer to serve hot. Garnish with diced peppers and a dollop of sour cream.

Nutritional information per serving:
Calories 88 (45% from fat) • carb. 10g • pro. 2g • fat 4g • chol. 15mg
sod. 143mg • calc. 37mg • fiber 1g

DESSERTS

Berry Cobbler – 8 servings

- **3 eggs**
- **1 cup milk**
- **¾ tablespoon baking powder**
- **1 cup flour**
- **½ cup sugar**
- **1 teaspoon vanilla**
- **nutmeg to taste**
- **cinnamon to taste**
- **lemon zest to taste**
- **3 cups berries – tossed with sugar**

Mix all ingredients, except fruit, in blender on LO. Grease individual ramekins with butter. Place fruit on the bottom and pour in batter to cover the fruit. Sprinkle with sugar and bake in 350°F degree oven for 30 minutes. Serve warm.

Note: Cobbler can be made with peaches, pears, apples, and other fruits.

Nutritional information per serving (cobbler batter only):
Calories 152 (18% from fat) • carb. 26g • pro. 5g • fat 3g • chol. 84mg
sod. 39mg • calc. 89mg • fiber 0g

Amazing Chocolate Silk Pie – 12 slices

- **12 ounces bittersweet or semisweet chocolate, broken into small pieces**
- **1 tablespoon vanilla extract**
- **1 package (19 ounces) silken tofu**
- **1 nine-inch graham cracker or chocolate cookie crust (purchased or homemade)**

Melt chocolate in double boiler over barely simmering water (may also be done in microwave); stir in vanilla. Place tofu in blender jar; blend on HI until smooth, 10–15 seconds. Remove small lid, and, with blender running on HI, add melted chocolate mixture in a steady stream; blend 15 seconds. Stop blender and scrape sides of blender jar with a spatula. Blend on HI 10–15 seconds longer. Pour into crust. Cover and chill at least 4 hours before serving. May be served with slightly sweetened whipped cream.

Nutritional information per serving:
Calories 281 (53% from fat) • carb. 28g • pro. 8g • fat 18g • chol. 0mg
sod. 145mg • calc. 90mg • fiber 1g

NOTES

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